

# Eagle Connect Art & Mindfulness

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Avoncourt  
Flat 4, 61 Bucks Road  
Douglas, Isle of Man IM1 3EF  
Isle of Man

Phone: 07624488807

No previous skills or experience required to attend these sessions, beginners welcome. Teaching you to become more confident; positive with life; in control and self-aware. All applied through the process of art and mindfulness. Learn to feel better about yourself and your surroundings.

### 6 Week Course

This will be delivered as 6 weekly sessions to be arranged. Sessions delivered will help you to gain a better understanding of art and mindfulness. Your training will include: A demonstration, an introduction of art movements, color mixing in acrylic, basic drawing and painting techniques, how to work with various tools and mediums. Weekly sessions will be themed as follows:

- Expression
- Collage
- Mandala
- Still Life Drawing or Landscape
- Op Art
- Final Piece

### Half Day Special

A one-off three hour session, allowing you the freedom to express yourself through paint. A demonstration will be provided to you and will explain the different methods of application before you decide on creating your final piece.

### 1 Hour sessions available

If you are looking for some help and advice with a particular method already listed above. One hour, sessions delivered on a 1-1 basis to support your needs. Please phone or email for more details.

### Bookings and Payment:

All sessions to be paid for in advance.

### Preferred methods of payment:

Bank Transfer, cash or cheque.

### Cancellations:

to claim a refund 7 days notice must given to receive a 75% refund of your original costs. Gift Vouchers for presents also available.

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